

FOLIO

THE UNIVERSITY OF ALBERTA STAFF BULLETIN

EDMONTON, ALBERTA

13 JULY 1978

PATHS FOR RUNNING AND WALKING

As of 15 July, the west portion of the Physical Education and Recreation Centre will be closed to all but Commonwealth Games athletes and officials. Only the East Wing, its swimming pool, locker facilities, and squash courts will be available for use, as will the dance studio, which has provision for recreational badminton.

In part because the track will not be available for runners on campus during the Commonwealth Games period, Art Burgess, who has been developing a variety of fitness projects, has mapped five paths of various lengths that runners and walkers alike can use.

The paths extend around the campus and into the nearby river valley and Saskatchewan Drive area.

Route 1, 2026 metres, is a twenty-five minute walk; because it generally follows sidewalks on campus, it is not really suitable for running.

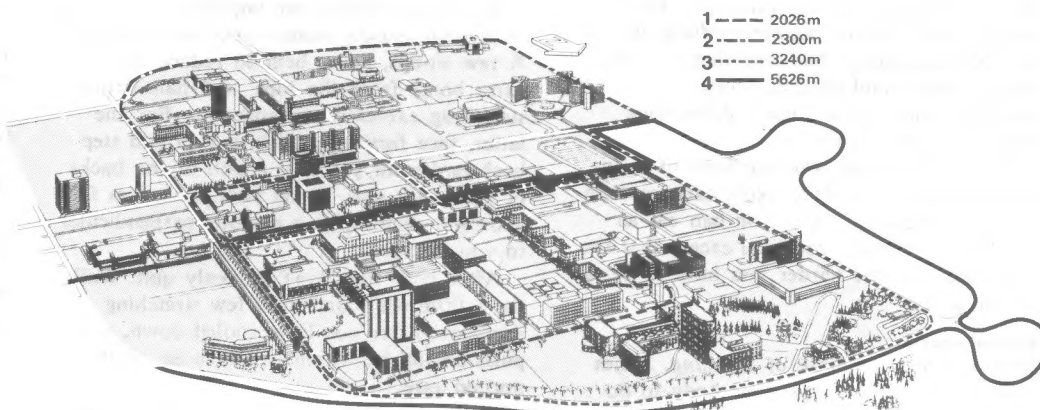
Route 2, 2300 metres, is a twenty-eight minute walk or a twelve minute run.

Route 3, 3240 metres, is a forty minute walk or an eighteen minute run. It should be of special interest this summer because it passes around the Commonwealth Games Village.

Route 4 is really two routes. It proceeds down 89 Avenue to the High Level Bridge (109 Street) and returns to the north edge of the campus by way of Saskatchewan Drive. It continues down the west side of Saskatchewan Drive on the grass to the traffic circle at 87 Avenue, Groat Road, and Saskatchewan Drive. Then it returns to the campus via 87 Avenue, 117 Street, and 89 Avenue. The length of this route is 4335 metres, a fifty minute walk or a twenty-five minute run. Route 4 can be varied by adding a loop through Emily Murphy Park, another 1050 metres. The total route would then take about seventy minutes to walk and thirty-six minutes to run.

The routes, at least in the campus area, may be marked by colored tape.

Runner or stroller, the intention is to provide alternative activities to University people while the normal recreational facilities of the Physical Education Centre are out of use and to encourage people to get out and enjoy the beautiful campus area during the summer.



- 1 --- 2026m
- 2 - - - 2300m
- 3 . . . 3240m
- 4 ——— 5626m

WHY ARE ALL THOSE PEOPLE RUNNING?

An unsympathetic *Edmonton Journal* reporter a short while ago commented that all the joggers in the parks seemed to him a new form of pollution. He considered increased interest in running a fad, not unlike the hula-hoop, that would soon fade away.

From runners themselves, the story is very different. A surprisingly large proportion of them show a serious commitment to their running, and their reasons do not vary a great deal.

Primarily, people run for the physical and psychological benefits they gain. Running is rated equal to or slightly better than bicycling and swimming for building muscular strength and endurance and, most important of all, cardiovascular endurance.

Psychologically, running or any similarly strenuous exercise is an excellent counter-stress to the mental and emotional stresses of the rest of the day. Hans Selye, who has been studying stress for more than four decades, has written that "stress on one system helps to relax another." If one is exhausted at the end of a day in the office or classroom, strenuous physical exercise like running or swimming is immensely refreshing and restorative. Running is one activity where people can assert their individuality: one

can run where and when and how one wishes. At the same time, because to build the body's endurance one must continually push it to its limits and beyond, running demands discipline and self-mastery. For most runners, even those who run races, the competition is with themselves—how different from contact sports like football, where the object so often seems to be the group obstruction and ruination of another opposing group.

The sum of these effects is that they make the runner "feel good," physically and within himself or herself. Running can be a source of personal joy to a lone runner and can mean the warmth of camaraderie to the person who runs with friends.

Moreover, running requires no special equipment, apart from a pair of good running shoes, no special facilities like a swimming pool or a squash court, no special skills, because running, like walking, is a natural motion for most people. (For the trained athlete running becomes a highly refined art, each motion of which is learned after long practice—but most of the people trotting along Saskatchewan Drive or through the parks are not trained athletes.) Nor is running restricted to age, sex, height, weight, or occupation. A glance at the variety of people running shows what an open sport it is.

The list of health benefits derived from

running rivals that for snake oil in an earlier day. The advantages of strengthening the heart and cardiovascular system are obvious, and improving muscular strength and oxygen utilization ("wind" for want of a better word) simply enables runners to enjoy their other activities like hiking or bicycling that much more fully. For the other good effects, often it is the runner's lifestyle more than running per se that brings the benefits: as one writer claims, running reduces the risk of lung cancer, because runners rarely smoke, since smoking cuts down runners' efficiency and has a deleterious effect on their "wind".

Finally, for those who are fond of eating, running burns up more extra calories than any other activity. Thus, you can eat as much and whatever you like, except that the more you eat, the harder you have to work to use it up.

Getting started

In *The Complete Book of Running*, James Fixx writes, "If you ask your body to do more than it can easily perform, it responds by becoming not just strong enough for that task but even stronger. To become fitter, therefore, simply make use of the overload principle." To do this, determine your maximum heart rate, about 220 minus your age. The training, or aerobic, effect necessary to bring any improvements to your cardiovascular system comes from exercising at the point where one's heart rate is seventy-five percent of the difference between one's resting heart rate and maximum heart rate. It is this pulse rate that determines how far or how fast one should run. According to Fixx, one should run for periods

of time at the training level rather than for specific distances.

However, for the beginning runner, it is just a question of getting started and getting into the habit of running frequently (three or four times a week at least). The key is not to strain—start at an easy pace and run as long as it feels comfortable. Then stop, walk for a distance, and run again.

Warm-up exercises are important to running, to prevent muscle cramps and similar pains. A few sit-ups, knees bent to reduce the extra boost from the hips, and ham-string stretching exercises are adequate. For the latter, face forward against a wall and step backward until you feel a pull at the backs of your legs; also, lie on your back, legs flat, and raise each leg to a position perpendicular to your body.

After your run, don't suddenly quit. Walk for a little while and do a few stretching exercises. After you have cooled down, your pulse should be within twenty beats of its normal rate.

To begin running, one needs only a good pair of running shoes. Tennis shoes or sneakers can be used at first and for short distances, but cannot replace the foot support and cushioning of proper running shoes. Track shoes with spikes are fine for sprinters, but tend to trip joggers and distance runners. Clothes should be loose, comfortable, and appropriate to the weather—remember that one generates a lot of body heat when running. A hat is helpful in hot weather and helps keep your hair in place. A sweatband or bandana can help keep salty and copious perspiration from stinging your eyes.

The best time of day to run is when it suits you best, with the proviso that you should not run within an hour of eating or you will risk serious cramps. Runners or participants in any physical activity are more likely to stay with an exercise pattern that fits easily into their lifestyles. Because running requires no special arrangements, it fits more easily than other sports into most people's normal activities and tends to take less time away from other pursuits.

Runners' Code of Conduct

Art Burgess, a runner for some twenty years and an individual strongly involved in fitness activities at the University, prepared the following "code" for runners.

1. Runners are first and foremost pedestrians. As such they are subject to the traffic rules as they pertain to pedestrians. This implies use of crosswalks, care in moving through traffic, and courtesy in dealing with motorists. A runner is not a motor vehicle.
2. Runners should be responsible citizens. Private lawns, lanes, and flowerbeds should be respected. All running should be done on

public parks, trails, and thoroughfares.

3. Runners should be concerned about the outdoor environment in which they practise their sport.

(a) To reduce wear on running paths, where possible to run to the side of the most worn part of the rail. This spreads the wear.

(b) In running through bush, try not to break branches or tear foliage from bushes and trees.

(c) Try not to cut across corners.

4. Runners are nice people. Greet fellow runners with a wave or a thumbs-up victory sign. This symbolizes your own victory over sluggishness and encourages your fellow runners. A runner's verbal greeting might be "Hang in there!"

5. Running, by its very nature, is self-affirming. Runners recognize the struggle every participant experiences, so they are mutually supportive. Practices such as "dusting" (brushing or pushing past a slower individual) or forcing others to over-extend themselves are inimical to the spirit of this sport.

GETTING UNIVERSITY STAFF OFF THEIR CHAIRS

Everyone knows the hardest thing about exercise is getting started. Two projects were initiated on a trial basis on campus this spring to encourage University staff, particularly those in sedentary jobs, to become more physically active.

One is a federally sponsored Exercise Break program, conceived by the Fitness and Amateur Sport Branch of the Department of National Health and Welfare and funded through the Federal Labor Intensive Project Program.

The Exercise Breaks are six to seven minutes of light exercises performed to music. They require no special clothes, no special equipment, and can be done by anybody, regardless of age, fitness level, or sex. Their purpose is to provide short interludes "of active relaxation or movement intended to stimulate circulation, improve posture, relax tense muscles, and counteract boredom and fatigue."

Exercise breaks are now a routine part of the work day in about ten offices on campus, including Printing Services.

Although the Exercise Breaks cannot replace a full physical work-out, they promote a sense of well-being and make participating staff more aware of the importance of personal fitness. From the management point of view, Exercise Breaks have an advantage too: studies in Europe, where such activities have been practised for several years, indicate that this type of mild physical

FOLIO

Effective from Thursday, 13 July, inquiries concerning the placement of Notices and Advertisements in *Folio* and all other correspondence with the Editor should be addressed to:

Folio,
Office of Community Relations,
423 Athabasca Hall,
University of Alberta
Edmonton, Alberta
T6G 2E8

In particular, please note our new telephone number: 432-2325.

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activity increases workers' productivity.

Art Burgess, who for the past year has been conducting successful fitness classes on campus, has completed a trial project with staff in the Administration Building and University Hall and has obtained funds (\$3,000 seed money from the Alma Mater Fund) to continue the program on a much broader basis this fall.

The lunch hour activity program he has designed involves a thirty-five minute activity period. During the pilot project in June, participants had a choice of social dance, yoga, and exercises, with a small charge of \$1 per session. A "Walk Away Your Weight" program consisted of measured walks through various parts of the campus every day. The walks cost nothing and sometimes had the added bonus of Art Burgess's witty signs to encourage the walkers on ("If you eat . . . you'll defeat . . . all the work . . . that your feet . . . beat on the street"). Except for the walk, which required comfortable walking shoes, and the yoga sessions, which called for a towel or pad to sit on, no special clothing or equipment was needed, and none of the activity sessions demanded the usual changes of clothing and showers that more strenuous exercise calls for.

Although the project ended on 30 June, individuals from the participating groups are continuing the walks and the yoga.

As with the Exercise Breaks, the lunch time activity program cannot replace a strenuous physical work-out, but it does make the participants more aware of their personal fitness and the activity promotes a general feeling of well-being.

Staff in the Registrar's Office and the Office of the Comptroller may be even more aware of the importance of their personal fitness as a result of the "Health Hazard Appraisal." Staff who wished to do so supplied information on a form about age, sex, medical history, and lifestyle. This information, plus the results of certain simple tests, was used to calculate a mortality ratio for each of the twelve leading causes of death for each person's five-year age group; the mortality ratio was then multiplied by the expected average mortality for the population to predict the mortality for each person's risk group over the next ten years.

The resulting computer print-out showed the individual's "appraised age," summarizing the life expectancy of his or her risk group; suggestions for altering certain lifestyle practices in order to lower the "appraised age," that is, to increase life expectancy; and an indication of the benefits such changes (stopping smoking, for example, or participating in some form of exercise) and certain medical procedures might be

expected to confer.

The Health Hazard Appraisal, developed by Lewis Robbins and his colleagues at the Methodist Hospital of Indiana in Indianapolis, is used as a motivational tool, "working on the principle that the best predictor of a healthy life is a healthy lifestyle."

Art Burgess's program of lunchtime activities will be expanded this fall thanks to a grant of \$3,000 from the Alma Mater Fund. The goal of the program is clear: to get people active and to help them begin to realize the role physical activity should play in their lives. The pleasurable social aspects, the opportunity to learn new things, and the simple fact that the participants will feel generally healthier and happier than they might otherwise—these are merely happy off-shoots of a good idea.

PAGEBOY II AND TELEPHONE

The following information has been received from A.M. Rennie, Director of Administrative Services in the office of the Vice-President (Planning and Development).

A new and improved University-owned "beeper" communications service has been inaugurated on campus for the use and benefit of any faculty or department that may wish to use it.

The new service makes it possible for any campus organization to purchase a "pocket beeper" receiver and signal the receiver through the campus telephone system, using either a dial or touch-button telephone. Operating on a UHF frequency and using the Henry Marshall Tory Building as a transmitter site, coverage extends throughout the campus, city, and neighboring communities within a radius of twenty to thirty kilometres.

A limited "pocket beeper" service rented from Alberta Government Telephones, has been used on campus for many years to dispatch Physical Plant maintenance and service staff. When the decision was made for the University to purchase its own equipment, a modular network was chosen consisting of a microprocessor controller, digital encoder, and voice storage units. The apparatus that links the telephone network to the beeper transmitter is different from many of the advertised commercial services because it records the tone or tone plus voice messages and then rebroadcasts the message a few seconds later. Because of this recording feature the microprocessor controlled system is able to provide acknowledgement tones and can communicate several simultaneous calls. The compact "pocket beeper" receivers, which weigh less than five ounces, are the Pageboy II model manufactured by Canadian Motorola Limited. The units are available

in either tone only or tone plus voice message.

Departments are responsible for funding the purchase of the pocket beeper receivers and should deal directly with the Purchasing Department, which has a small stock of these units. The cost of the "pocket beeper" is \$500. There is no charge for access to the system. Departments will be responsible for any maintenance of the beepers and will deal directly with Motorola.

Anyone considering the use of beeper equipment is encouraged to assess this new shared communications service. Information concerning the telephone access arrangements can be obtained from the Telecommunications Coordinator, Mrs. F. Campbell, at 432-3422.

MARC LATERREUR 1935-1978

Marc LaTerreur, a member of the History Department staff in 1964-65, was killed in a plane crash near St. John's, Newfoundland, on Friday, 23 June. Professor LaTerreur was one of the leading authorities on the twentieth century history of Quebec. He returned to Quebec in 1965 to edit volume 10 of the *Dictionary of Canadian Biography*; thereafter he joined the department of History at Laval University and became chairman of the department.

WORKERS' COMPENSATION

The following information has been received from Robert Yamashita, Personnel Services and Staff Relations.

The Workers' Compensation Act of Alberta is intended to protect and assist employees who suffer disablement due to accidents or disease arising out of and in the course of their employment. At the University of Alberta coverage extends to:

- 1 All Academic and Non-Academic Staff, and
- 2 Persons holding research fellowships and/or teaching fellowships, bursaries, and assistantships including graduate students and post-doctoral fellows involved in research and teaching activities associated with university appointments and paid from university administered funds.

Students, including those who are prize and award holders, are excluded since under the Act they are not considered employees of the university.

Compensation

The Workers' Compensation Act provides medical and hospital coverage for treatment arising from an accident, compensation of partial salary and pension benefits under certain circumstances.

The maximum compensation paid by the

Workers' Compensation Board for total disablement is \$238.05 per week for employees whose earnings at the time of the accident were \$16,550 per annum or more. Compensation for lesser earnings is calculated at seventy-five percent of those earnings. These rates are effective 1 July 1978.

Full Salary Entitlement

Academic and Non-Academic Staff entitled to sick leave provisions are eligible to receive differential salary over and above the amount provided by the Workers' Compensation Board. In effect the employees shall receive full salary to the extent of the full salary portion of the sick leave entitlement. Where sick leave entitlement* is not applicable, compensation is paid directly by the Workers' Compensation Board.

It should be noted in this connection that any compensation received by an employee from the Workers' Compensation Board is non-taxable and therefore not included in the annual T-4 statement required by the Income Tax Act.

*Non-academic employees in some instances are eligible for sick leave at half pay.

"Accident" definition under the Act

An "accident" is a chance event occasioned by a physical or natural cause which arises out of and in the course of employment, and which may result in injury or disablement of a worker. It also includes disease and a willful and intentional act not being the act of the worker.

Reporting of Accidents

Before the Board can determine whether or not an injured worker is entitled to compensation, it must have complete details of the accident. Application forms for staff, and report forms for employers and physicians may be obtained from the department and Personnel Services and Staff Relations. A small supply of these forms should be kept on hand in each department. Properly completed, these forms provide the required information and should be submitted without delay to ensure prompt processing of the claim.

Reporting Procedure

1. *The employee should seek first aid or medical attention immediately.*

Where an employee is in need of medical attention, immediate conveyance shall be provided by the department to a hospital, the employee's physician, or to the home of the employee, whichever is required.

An injured employee may choose to be treated by any "physician". This includes a medical practitioner, chiropractor, pediatrician, naturopath, dentist or any person skilled in the art of healing and licensed to practice in the province of Alberta.

2. *The injured employee should notify the department head and/or supervisor and give full details of the accident as well as names of witnesses, and submit a completed Workers' Application for Compensation form to the Board as soon as possible.*

The department head or supervisor upon notification by the employee must then complete an "Employers Report of Accident" in triplicate and submit this to Personnel Services and Staff Relations immediately. (Please refer to the Manual of Administrative Procedures Section 584 for further information.)

In order to properly adjudicate a claim, the Workers' Compensation Board must receive the applicant's claim and the employer's report. Failure to receive one or the other of these documents may result in a decision (e.g. disallowance or acceptance of a claim) without proper representation of the parties involved.

3. *Return to work*

If a period of absence results from the accident, return to work is normally determined by the employee's physician. When on the basis of medical opinion it is determined that an employee is fit to return to work, compensation is discontinued and both the worker and his employer are so advised.

4. *General Information*

(a) *How soon must a claim for compensation be submitted?*

An accident must be reported to the employer as promptly as possible and an application for compensation must be filed with the Workers' Compensation Board within one year.

This time limit may be extended if an employee or dependent gave notice of the accident to the employer as soon as practical and the claim is considered by the Board to be a just one.

(b) *When do benefits begin?*

Compensation payments begin with the first normal working day missed by the employee from his job following the date of the accident.

(c) *How frequently is compensation paid?*

Usually every two weeks if the doctor's progress reports are received promptly.

(d) *Is an employee covered while travelling to and from work?*

As a general rule, no. Coverage normally commences on arrival upon the employer's premises.

(e) *Does the Workers' Compensation Board pay for dentures, glasses, or other artificial appliances damaged in a work-related accident?*

Yes, provided they were being worn at the time of the accident.

(f) *Does the size of an employee's family affect the amount of compensation paid?*

No, compensation is based entirely on the employee's earnings.

(g) *Are compensation payments reduced if an employee has private sources of income?*
No.

(h) *What happens if the employee's sick leave has run out?*

Payment is made directly by the Workers' Compensation Board.

For further information please contact:

Mr. R.H. Yamashita

Systems Coordinator

Personnel Services and Staff Relations

Telephone 432-4519

PEOPLE

■ Charles H. Davis, Dean of the Faculty of Library Science, attended the Mid-Year Meeting of the American Society for Information Science (ASIS) in Houston from 20 to 24 May. Dr. Davis is the Chairman-Elect of the Western Canada Chapter of ASIS, and he has been named Conference Chairman of next year's meeting.

■ Myer Horowitz, Vice President (Academic), gave the guest address at the First Graduation Exercises of the Atlantic Institute of Education in Halifax on 10 June. The topic of Dr. Horowitz's address was "The continuing education of teachers."

BOOKS

■ *English Drama and Theatre 1800-1900:*

A Guide to Information Sources, by L.W. Conolly, Associate Professor of English, and J.P. Wearing of the University of Arizona, has been published by Gale Research Company, Detroit.

■ John King-Farlow, Professor of Philosophy, is the author of *Self-Knowledge and Social Relations* recently published by Science History Publications of New York City.

■ *Issues in Demographic Data Collection in Pakistan*, dated 1977, has just been issued by the Census Organization, Islamabad, Pakistan. The book is edited by Karol J. Krótki, Professor of Sociology, and Sultan S. Hashmi of the United Nations Economic and Social Commission for Asia and the Pacific, Bangkok, Thailand. The book contains several contributions by Canadian social scientists.

■ Methuen Company has just published *The Prevention of Youthful Crime: The Great Stumble Forward*, by Jim Hackler, Professor of Sociology. The book evaluates delinquency prevention programs and deals with community response to delinquency

prevention and the various practical, political, and scientific issues affecting this response.

NOTICES

Plant Science Field Day

The University's Department of Plant Science is holding a Field Day on 19 July. The following information details the program for the day. Further information about the Field Day is available from 340 Agriculture Building, telephone 432-3239.

10 a.m. "Welcoming Remarks" by

Z.P. Kondra, Farm Director,

10:30 a.m. "Research on Diseases of Rapeseed," by W.P. Skoropad.

11:15 a.m. "Comparison of Continuous and Rotational Grazing," by P.D. Walton.

12 noon. Lunch is available on site or participants are welcome to bring their own.
1 p.m. to 5 p.m. Plot tours at Parkland Farm and Ellerslie Farm, including vegetables, ornamentals, forages, field crops, and herbicide tests. There will be indoor presentations at Parkland Farm in the event of rain.

Breton Plots Field Day

The Breton Plots are located about 110 km southwest of Edmonton on nitrogen- and sulphur-deficient Gray Luvisolic soils. Some of the plots have been in operation since 1930, and they show the effects of fertilizers and crop rotations on soil productivity. Several recent, short-term experiments are also underway. The theme of this year's Field Day is "Soil Acidity and Liming."

1 p.m. "What are acidic soils? Where do they occur? Why are they undesirable?" by J.A. Robertson.

1:30 p.m. "Selecting crops for acidic soils," by P.B. Hoyt.

2 p.m. "Liming acidic soils," by D.C. Penny.
2:30 p.m. Refreshments.

3 p.m. Tour of the experimental plots, demonstration of lime spreading, and examination of the soil profile in a large excavation. In the event of inclement weather, the field plot tour will be replaced by the showing of two films.

The Field Day is sponsored jointly by the Alberta Department of Agriculture and the Department of Soil Science. For further information, contact the sponsoring departments.

Singles Group

The Singles Group on campus will be holding a barbecue on 14 July at 8 p.m. There will be wine and cheese, and admission is \$5. The event is open to singles, separated, and divorced people, and participants should bring their own steak and swimsuit. For further information contact Iris Brown, telephone 432-1040 or 424-2504.

Student Summer Employment Program

The Edmonton Hire-a-Student office has embarked upon a new program for students from thirteen to fifteen years of age. The program is designed to provide the employment and experience opportunities which are often unavailable for students in this age group. While the Alberta Labour Standards restricts the jobs that can be done by the young people, the jobs that are available and the volunteer work that can be undertaken provide not only worthwhile experience, but often such activities make the student eligible for wider employment later.

Students who would like to use the service and employers who have job opportunities should contact the Edmonton Hire-a-Student Office, Room 601, 10012 Jasper Avenue, telephone 424-5420.

THIS WEEK AND NEXT

Listings must reach the Editor by 9 a.m. Thursday one week prior to publication. Written notification is preferred.

13 JULY, THURSDAY

Citadel/National Film Theatre

7 p.m. *New York, New York* (United States, 1977). Directed by Martin Scorsese and starring Robert DeNiro and Liza Minelli.
9:30 p.m. *Midnight Cowboy* (United States, 1969). Directed by John Schlesinger and starring Dustin Hoffman and Jon Voight. Zeidler Hall. For ticket information contact the Citadel Box Office, telephone 425-1820.

Cinematheque 16

7:30 p.m. *Tristana* (Spain, Italy, France, 1970). Directed by Luis Bunuel and starring Catherine Deneuve and Fernando Ray. Downstairs, Edmonton Art Gallery. Admission is \$2 for members and \$2.50 for non-members. Tickets available at the door.

Bruce Cockburn

8 p.m. Bruce Cockburn in concert. Students' Union Theatre. Admission is \$5.50 advance and \$6.50 at the door. Tickets are available at the HUB Box Office, Mike's Ticket Office, and all Woodward's stores.

14 JULY, FRIDAY

Music/Picture Show

12 noon "Reflections," an expression of Baha'i writings with music and photographs. 1-107 Education North.

Faculty Club

Downstairs. Buffet: prime rib of beef, baked ham, potato, fresh vegetable, salad bar, dessert table, \$5.50.

Upstairs. Chef's special: Mexican vegetable

salad, Arctic Char béarnaise, potato, fresh vegetable, dessert table, \$7.95. Also regular dinner menu. Reservations required.

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15 JULY, SATURDAY

Jazz Concert

2:30 p.m. The Bill Emes Quintet. Front Terrace, Edmonton Art Gallery. Admission is free.

Faculty Club

Downstairs. Saturday buffet: breaded pork cutlets, potato, fresh vegetable, salad bar, dessert table, \$5.50.

Upstairs. Chef's special: Genoa salami in aspic, piccata alla Milanese, risotto, fresh vegetable, dessert table, \$7.95. Also regular dinner menu. Reservations required.

Village Cinema

7 p.m. *1900* (Italy, 1977). Directed by Bernardo Bertolucci and starring Robert DeNiro and Burt Lancaster. Students' Union Theatre. Admission for general public is \$2. Tickets available at the door.

Cinematheque 16

7:30 p.m. *Tristana* (Spain, Italy, France, 1970). Directed by Luis Bunuel and starring Catherine Deneuve and Fernando Ray. Downstairs, Edmonton Art Gallery. Admission is \$2 for members and \$2.50 for non-members. Tickets available at the door.

16 JULY, SUNDAY

Cinematheque 16

2:00 p.m. *Janis* (Canada, 1974). Directed by Howard Alk and Seaton Findlay and starring Janis Joplin. Downstairs, Edmonton Art Gallery. Admission is \$2 for members and \$2.50 for non-members. Tickets available at the door.

Citadel/National Film Theatre

8 p.m. *The Graduate* (United States, 1967). Directed by Mike Nichols and starring Dustin Hoffman and Anne Bancroft. Zeidler Hall. For ticket information contact the Citadel Box Office, telephone 425-1820.

Village Cinema

8 p.m. *Islands In The Stream* (United States, 1977). Directed by Franklin Schaffner and starring George C. Scott and David Hemmings. Students' Union Theatre. Admission for general public is \$2. Tickets available at the door.

17 JULY, MONDAY**Chaplains' Film Series**

7:30 p.m. *The Wolfpen Principle*. P126 Physics Building. Series ticket for remaining three films is \$4. Tickets available at the HUB Box Office, the Chaplains' Office, and at the door.

Village Cinema

8 p.m. *Play It Again Sam* (United States, 1975). Directed by Clint Eastwood and starring Clint Eastwood and George Kennedy. Students' Union Theatre. Admission for general public is \$2. Tickets available at the door.

18 JULY, TUESDAY**Get to Know the Law**

7:30 p.m. "Small Claims." Third in a series of lectures dealing with aspects of the law, Music Rooms, Centennial Library. Admission is free.

19 JULY, WEDNESDAY**Faculty Club**

Downstairs: Family night: barbecued hamburger, foot-long hot dog, french fries, fresh vegetable, salad bar, dessert table, \$3.50. From the grill: steak sandwiches.

Village Cinema

8 p.m. *Mr. Majestyk* (United States, 1974). Directed by Richard Fleischer and starring Charles Bronson and Al Lettieri. Students' Union Theatre. Admission for general public is \$2. Tickets available at the door.

20 JULY, THURSDAY**Cinematheque 16**

7:30 p.m. *Siddhartha* (United States/India, 1973). Directed by Conrad Rooks and starring Shashi Kapoor and Simi Garewal. Downstairs, Edmonton Art Gallery. Admission is \$2 for members and \$2.50 for non-members. Tickets available at the door.

Village Cinema

8 p.m. *The Sunshine Boys* (United States, 1975). Directed by Herbert Ross and

starring Walter Matthau and George Burns. Students' Union Theatre. Admission for general public is \$2. Tickets available at the door.

21 JULY, FRIDAY**Faculty Club**

Downstairs. Friday buffet: prime rib of beef, baked ham, fresh vegetable, baked potato, salad bar, dessert table, \$5.50. *Upstairs*. Klondike dinner dance (7:30 p.m.): cold arctic char mayonnaise, mixed green salad, house dressing, steak Diane, potato, No regular dinner menu. Reservations required. fresh vegetable dessert table, \$9.95. Entertainment: The David Kaye Show. Klondike attire optional.

Village Cinema

8 p.m. *All The President's Men* (United States, 1976). Directed by Alan J. Pakula and starring Dustin Hoffman and Robert Redford. Students' Union Theatre. Admission for general public is \$2. Tickets available at the door.

22 JULY, SATURDAY**Faculty Club**

Downstairs. Saturday buffet: cornish game hen with paprika sauce, buttered noodles, fresh vegetable, salad bar, dessert table, \$5.50. *Upstairs*. Klondike breakfast (10 a.m. to 2 p.m.): orange juice, tomato juice, bacon, sausages, ham, cucumbers, tomatoes, cottage cheese, eggs, pancakes, fresh fruit, \$4.50 adults, \$3 children. Entertainment: Gold Diggers Barbershop Quartet. Klondike attire optional.

Village Cinema

8 p.m. *Looking for Mr. Goodbar* (United States, 1977). Directed by Richard Brooks and starring Diane Keaton and William Atherton. Students' Union Theatre. Admission for general public is \$2. Tickets available at the door.

EXHIBITIONS AND PLAYS**University Art Gallery and Museum**

Continuing. An exhibition of Indian and Inuit artifacts and clothing from the Edwards and Lord Collections.

Provincial Museum

Continuing. "The Spirit of the Windships," an exhibition on the ships and ship-building of the nineteenth century. *Continuing*. "The Art of the First Australians," aboriginal paintings, sculptures, and artifacts. *Continuing*. "The Legacy: Contemporary British Columbia Indian Art," an exhibition of art and artifacts representative of the lifestyle and culture of the West Coast Indians.

Continuing. "Sports in Alberta," an exhibition featuring photographs and manuscript material from the Provincial Archives.

Rice Gallery

Continuing. "Juliani's Folly," an exhibition of paintings and drawings by Cecile Szaszkiwicz. Rice Foyer of the Citadel Theatre.

Edmonton Art Gallery

From 7 July. "Modern Painting in Canada," examining the development of modernist painting in Canada from the early twentieth century to 1970.

Games Foundation

From 15 July. "The Fine Art of Alberta Craft," an exhibition of contemporary craft assembled for the Commonwealth Games Festival 78. Shocter Theatre Lobby, Citadel Theatre.

Centennial Library

Continuing. "Sporting Life in Early Canada," an exhibition of twenty-five color prints on the sporting life of early Canadians. Foyer Gallery.

Continuing. An exhibition of photography by Art Carlyle. Photography Gallery.

Devonian Botanic Garden

A collection of native and introduced plants used for teaching and research, located 9.7 km west on highway 16 and 14.5 km south on highway 60. Open from 1 p.m. to 6 p.m. daily. Day lilies, roses, everlastings, and potentillas in bloom.

Alberta Barter Theatre

From 12 July. Ira Levin's *Critic's Choice*. Outdoors in the courtyard beside Corbett Hall at 9 p.m.

Walterdale Theatre

From 17 July. *Adrift In New York*. Directed by Judy Unwin. For ticket information and show times contact the Citadel Box Office, 425-1820.

Theatre du Centre F.J.A.

14 July. *Cirque ou Bedon*. A play for children between the ages of five and thirteen. Music Room. Centennial Library Theatre. Admission is free. For further information, telephone 469-0118.

POSITIONS VACANT**POSITIONS IN CANADA**

Positions are available in the disciplines and at the firms listed below. Information concerning the positions is available from the Canada Manpower Centre. Floor 4, Students' Union Building (telephone 432-4291).

PhD Physicists—Xerox, Mississauga, Ontario.
Biology/Chemistry—Northern Lights College, Dawson Creek, British Columbia.

Geography—Northern Lights College, Dawson Creek, British Columbia.

POSITIONS ON CAMPUS

Non-Academic Positions

To obtain further information on the following positions, please contact Personnel Services and Staff Relations, third floor, SUB, telephone 432-5201. Please do not contact the department directly. Positions available as of 7 July.

Clerk (\$695-\$748)—Personnel Services and Staff Relations
Sales Clerk (\$695-\$748)—Bookstore (two positions)
Clerk Typist II (\$695-\$803)—Educational Media, Extension
Library Clerk II (\$695-\$830, term)—Music
Clerk Steno II (\$695-\$830)—Physical Education and Recreation; Canadian Institute of Ukrainian Studies; Geography
Dental Assistant (\$721-\$863)—Dentistry, Oral Biology
Dental Records Clerk (\$748-\$895, term)—Dentistry
Clerk Typist III (\$748-\$895, trust)—University Press
Clerk Typist III (\$748-\$895)—Soil Science; Pharmacy; Office of the Registrar
Senior Clerk (\$748-\$895)—Parking Services
Bookkeeper II (\$386-\$465, half-time)—Home Economics
Purchasing Clerk II (\$772-\$929)—Physical Plant
Clerk Steno III (\$772-\$929)—Civil Engineering; Home Economics; Electrical Engineering; Mineral Engineering; Provincial Laboratory; Office of the Registrar; Law
Data Entry Operator I (\$772-\$929)—Computing Services
Programmable Typewriter Operator II (\$803-\$969)—Personnel Services and Staff Relations
Admissions Records Trainee (\$803-\$969)—Office of the Registrar (three positions)
Medical Stenographer (\$830-\$1,009)—Medicine
Secretary (\$863-\$1,053)—Devonian Botanic Garden
Library Assistant II (\$895-\$1,096)—University Archives
Computer Assistant I (\$695-\$830)—Computing Services
Laboratory Assistant II (\$721-\$863)—Provincial Laboratory (two positions)
Laboratory Assistant II/III (\$721-\$969, trust)—Anatomy
Senior Clerk/Administrative Clerk (Inventory Assistant), (\$748-\$1,096)—Technical Services
Technical Assistant (\$830-\$1,009)—Devonian Botanic Gardens
Storeman II (\$863-\$1,053)—Chemistry
Public Relations/Publications Assistant I/II (\$863-\$1,243)—Computing Services
Electron Microscope Technician I (\$895-\$1,096, trust, term)—Medicine, Neurology
Biology Technician (\$895-\$1,096, trust)—Genetics
Technician I (\$895-\$1,096, trust)—Medicine, Rheumatic Diseases
Technician I (\$895-\$1,096)—Mechanical Engineering
Curriculum Technician I (\$895-\$1,096)—Audiovisual Media Centre
Technician I/II (\$895-\$1,243)—Provincial Laboratory
Maintenance Man II (\$969-\$1,192)—Housing and Food Services
Security Officer I (\$1,009-\$1,243)—Campus Security
Laboratory Technologist I (\$1,009-\$1,243)—Provincial Laboratory, Edmonton
Electron Microscope Technician II (\$1,009-\$1,243, trust, term)—Medicine, Neurology
Technician II (\$1,009-\$1,243)—University Collections
Technician II/III (\$1,009-\$1,415, trust)—Biomedical Engineering and Applied Sciences
Programmer Analyst I/II (\$1,009-\$1,476)—Printing Services
Art Technician Demonstrator I (\$1,096-\$1,354)—Art and Design

Buyer I/II (\$1,096-\$1,759)—Purchasing
Maintenance Worker II Charge Hand (\$1,192-\$1,476)—Physical Plant, Projects Division
Engineering Technologist III (\$1,243-\$1,543)—Physical Plant, Engineering
Nurse Practitioner (\$1,415-\$1,759)—Pediatrics

The following is a list of currently available positions in the University of Alberta Libraries. The bulletin board postings in the Library Personnel Office, 516 Cameron Library, should be consulted for further information about position requirements and availability.

Library Clerk III (\$748-\$895)—Education Library
Library Assistant I (\$803-\$969)—Cameron Reserve Reading Room; Cataloguing

ADVERTISEMENTS

All advertisements must be received by 9 a.m. the Friday prior to publication. Rate is 15 cents per word for the first week and 5 cents per word for subsequent weeks ordered before the next deadline. Minimum charge is \$1. Ads must be paid in advance and are accepted at the discretion of the Editor. We regret that no ads can be taken over the telephone. For order forms or further information, telephone 432-2325.

Accommodations available

For sale by owner—1,756-square-foot home in executive Blue Quill. Fully carpeted, four-bedroom split level home includes 2½ baths, main-floor family room with tyndalstone fireplace and patio doors, bright, airy kitchen, spacious living and dining room, and impressive entrance foyer. This beautiful home also has a double garage and is located on a large landscaped lot. Telephone 436-3617 or 425-0110, extension 205.
Renting—Belgravia: four-bedroom house; two-car garage, breezeway, two fireplaces, beautifully furnished, two bathrooms, study, family room, large kitchen, dining room, living room, playroom, five appliances, wine cellar, mature trees, private patio, lawn mower, bicycles. 4½ minutes University; 14 minutes downtown. Available one year, September 1978. For appointment telephone 434-9784. No agents.
For sale—22 x 24 cottage next to Thunder Lake Provincial Park. \$18,500. 963-3453.
For sale—Belgravia: beautiful three-bedroom home within walking distance of the University and schools; open brick fireplace, den, and finished basement; second bathroom off master bedroom. Immaculate condition, superb park-like garden with lovely mature trees. A joy to live in. \$97,500. No agents please. 437-0482.
Year lease: spacious three-bedroom luxury apartment; two full baths, dishwasher, washer, dryer; large balcony, commanding river and parks view; seven minutes University or town. 434-6188 evenings.
Lease—15 August 1978 - August 1979. Modern fully furnished executive house. References, damage deposit required. No pets. 435-6686.
For rent—Garneau four-bedroom house. Telephone Lau, 439-1713 (days); 467-6560 (evenings).
For rent—luxury townhouse in Riverbend: 1,400 square feet, two bedrooms, two fireplaces, fully furnished, five appliances, attached garage; no maintenance. Available 15 August 1978 to 15 August 1979. \$700 monthly. Telephone 436-7369 after 5 p.m.
For rent—lovely older three-bedroom home; Groat Estate (five minutes to campus); fireplace, sunporch. References. 15 August 1978 - 15 August 1979. \$600 monthly. 432-5026, 454-1022 (daytime); 453-2086 after 8 p.m.

For rent—for one year from September: new St. Albert executive home; four bedrooms, family room, double garage. Furnished or unfurnished 458-7851, evenings or weekends.

For rent or sale—two-bedroom luxury highrise condominium; two baths, covered parking. Ivor Williams, Royal Trust, telephone 435-4869 or 433-7715.

Selling—on Brander Drive, Riverbend: Lang bungalow, three bedrooms, three baths, two tyndalstone fireplaces, main floor utilities; exceptional basement development; wet bar, den, guest suite; air conditioning. Telephone Reina, 435-4869; 436-2556. Royal Trust.

For sale—starter home near University; two bedrooms, large dining room; garage; quiet area. Telephone Reina, Royal Trust, 435-4869; 436-2556.

For sale—in quiet area, Petrofina: three-bedroom split; 1½ baths, rumpus room; mature trees. Priced to sell. Reina Proudfoot, Royal Trust, 435-4869; 436-2556.

Again. For rent—one year from August. Fully furnished, three-bedroom; study, 1½ baths, fireplace, sundeck, large fenced yard, garage. Ottewill; buses and schools one block, easy access to downtown and University. References. \$450. 469-2920 after six.

For sale—former show home. Two-storey; unique master bedroom suite, intercom, central vacuum, air conditioned, all kitchen appliances. Vendor transferred. Liz Crockford, Spencer Real Estate, 436-5250; 434-0555, residence.

For rent—September, October: three-bedroom main floor of house. 469-9229.

Ideal, quiet home for student with own transportation. Must love cats. Telephone Joan, 427-2901; 451-3384.

Lease—Aspen Gardens. 1 August 1978 to August 1979: 2,000-square-foot four bedroom; furnished or unfurnished. On quiet crescent. \$600. References. 432-4270 (office); 434-0248 (residence).

For sale—in old Riverbend. \$129,900. Four bedrooms, large kitchen adjoining family room, fireplace, double garage 2½ baths, separate laundry room. Quiet location convenient to schools, University. Telephone Liz Crockford, 434-0555 (residence); Denise Rout, Spencer Real Estate. 436-5250.

For sale—Windsor Park (half block to campus); 1,215 square feet. Owner. \$136,900. No agents. 439-3725.

For sale in quiet Pleasantview. This older, comfortable split level house presents a park-like setting in the back yard; 1,500 square feet of living space features a large living room - dining area, three bedrooms, kitchen with nook, two 3-piece bathrooms, full rumpus room; single attached garage. \$119,500, asking price. Colin Dykes, Royal Trust, 435-4869.

Exchange for Ottawa house near downtown or Ottawa University (or rent \$500 monthly) 1 September 1978 - 1 May 1979. Two storey, 1,400 square feet, 2 - 3 bedrooms, all appliances, furnished; garage; quiet street, large trees, Block from University. 10939 89 Avenue. 432-0780.

For rent—15 August 1978. Four-bedroom two-storey house in Riverbend. Main floor family room, fireplace, developed basement; two-car attached garage; drapes. Damage deposit and references. \$700. 434-2527.

For sale—beautiful bungalow in Beau Park. Charming two-bedroom home with hardwood floors, very spacious rooms. Lovely, large trees frame this ideally located home. For viewing, telephone Faye Lund, Block Bros. Ltd. 436-4240 (business); 436-5355 (residence).

For rent—September 1978 to August 1979. Mill Woods. Three-bedroom bungalow, sunken living room with fireplace; double garage pad, patio; four major appliances. Partly furnished; 1,200

square feet with separate dining room; carpeted throughout. \$500 monthly. References. 462-2007 after six.

For rent—available 1 September. Four-bedroom bungalow, Rio Terrace; partly furnished, fully carpeted, fireplace, two baths, family room, single garage, well-treed lot, quiet street. Non-smokers. \$500 monthly. Telephone 487-2709 evenings.

For rent—11016 153 Street. Three-bedroom bungalow. 1 September 1978 to 31 August 1979. \$450 monthly. A. Meyers, 432-3668, days.

For sale by owner—three-bedroom bungalow with rented one-bedroom basement suite. 11016 153 Street. Double garage with electronic door opener and attached enclosed patio; 1,080 square feet; lot: 51 x 115. A. Meyers, 432-3668, days.

For sale by owner—East Edmonton. Three-bedroom condominium; five major appliances, two carports; near bus, mall, school. Abbottsfield Road. Asking \$48,900. Telephone 479-1056 after 6 p.m.

Accommodation wanted

Visiting professor and wife require fully, or partly, furnished one-bedroom accommodation for six-seven months beginning 1 September. 435-0374.

Accommodation required by PhD student with family. Partially, or fully furnished apartment or house from September 1978 to August 1979. Prefer Garneau area. Write: C. Mitchell, Apartment 1219, 1333 South Park Street, Halifax. B3J 2K9.

Professor requires one-bedroom suite within walking distance of University. Not exceeding \$275. 439-1433, evenings.

Professional engineer (University professor) and family moving to Edmonton want to rent unfurnished large four-bedroom house for approximately one year. Possession between now and 15 August. Experienced at caring for own large home and grounds. Local references. Southwest Edmonton or Glenora area preferred. Telephone 436-2152, extension 231, days.

Four responsible adults wish to rent large three- or four-bedroom house with garage. Will do upkeep. Prefer University area. 1, August. 436-8503.

Automobiles and accessories

1976 Corvette four-speed; 8,000 miles. 489-5813. \$3,400 for custom-built ten-foot over-cab camper with stove, furnace, fridge, jacks, plus 1973 Toyota truck with mag wheels, radials, heavy-duty suspension. 962-6538.

1973 Toyota Corolla two-door, 1600 engine, four speed, new summer and winter tires, new paint. Very good condition. 469-0583.

For sale—1969 American Motors Ambassador. Telephone 435-0250, evenings.

1974 Ford LTD 400; 57,000 miles. Offers. 434-5044, after 5 p.m.

1977 Granada Ghia two-door hardtop; air conditioning; sun roof; most other options. 434-6568.

Goods and services

Experienced typist. Variety of type styles, symbols. Quality work. 435-4407; 435-5006.

Seabri Sailboats—Seaspray (15-foot catamaran) and Kolibri (12-foot monohull). 11408 58 Avenue. 434-3309.

Expert typing—theses, etc. 455-0641.

Antiques from England. Furniture—all periods: tables, chairs, sideboards, cabinets, stools. Porcelain: Derby, Doulton, Wedgwood, Dresden, Oriental, Art Nouveau, art deco, commemoratives, cloisonné, dolls, clocks, jewellery, gifts, collectables. We also buy these items. Mary Goulden Antiques. From 137 Avenue and 50 Street, drive five miles northeast, then 1½ miles east to Horsehill Hall.

1-8 p.m., Thursday, Friday, Saturday, Sunday. 973-3656 or 475-8139.

Master Painters—five years experience. No job too large or small. Specializing in prompt service. 434-4833.

Alpha Elementary School—child-oriented program stressing individuality, parental involvement. Begins this fall. Telephone 437-0726.

Dressmaking and alterations. Elizabeth Hamilton. 428-6162.

Before the pipeline goes in—see the Alaska Highway. Our last great wilderness is changing rapidly. Join up this year with Canadian Camping Tours.

Three-week camping adventures to the Yukon and Alaska. Sail the Inside Passage. \$665 all inclusive. Limited space, so write today. 250e One Palliser Square, Calgary. 283-4500.

Exterior-Interior Painting. Thorough; ten years experience; reasonable rates. Telephone 435-7157.

Solid walnut dining room suite, 48-inch round table, four chairs, seventeen years old; excellent condition. \$425. 487-6206 after 4 p.m.

Theses, manuscripts, and publications expertly typed at a reasonable cost, using IBM Selectric correcting typewriters. Raffin and Hart Office Services. 9203N 112 Street. HUB Mall. 432-7727.

For sale—hiking boots, perfect condition: man's 10½; woman's 8; luggage carrier for full size stationwagon; old-style electric train (Marx) with tracks and 4 x 8 board. 435-2412.

The Coffee Grinder—Edmonton's newest coffee house. Capitol Square, main floor (rear) 10065 Jasper Avenue. Specializes in coffees, soups, salads, sandwiches, pastries.

Typing done in my home. Telephone 476-2337.

Piano teacher—Master's degree, wide experience; accepting students at all levels. Lansdowne. 436-8464.

Leaving Edmonton? Need space for furniture, car, etc.? Mini Storage. From \$5 weekly. 425-1723; evenings. 467-0586.

Eighteen- to thirty-year-old male participants required for experiment to be conducted in Biological Sciences Building. Study takes one hour. Participants paid \$3. Non-smokers preferred.

Telephone John or Pat at 432-2909 (days); or John at 436-9085 between 7 p.m. and 9 p.m. Both numbers available Monday-Thursday only.

Electric stove (Tappan-Gurney), good condition. Reasonable. 439-3766 after five.

Michener Park Day Care has vacancies for summer and winter sessions for children 3-5 years old.

For information telephone (403) 434-4010 (Centre); or 437-0872 (Director) after 5:30.

Good Neighbour Fence Company—Quality wood fences, patio decks, light construction. 433-6794 or 433-9764.

Reliable babysitter required. West end or University area. Telephone 487-5290, evenings or weekends.

Two polar bear rugs; full head mount; good condition. 435-0592; 434-0555.

For sale—Yamaha piano, model P2F. \$2,200. 426-0239, evenings.

Babysitter required in university-area home for six-month old infant. Hours: Monday to Friday, 7:30 a.m. to 5 p.m. Start September. Nonsmoker only. Telephone 434-3657.

Top grade wool fleeces for hand spinning. 467-1127, evenings.

For sale—registered Norwegian Elkhound puppies. Telephone 487-6397, evenings.

Must sell—maple-trimmed chesterfield and chair; queen size posturopic bed; French provincial dresser; desk and bookcases; quality stereo equipment; camping and skiing equipment; skis, 175 cm, 160 cm; boots: woman's 7½ B, man's 8½ M. All reasonable offers considered. Telephone 488-9207.

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